

Title: Training strategy in the long sprint

Objectives: The point of my thesis is to compare the content and the extent of the sport conditioning of three selected athletes specialized in 200 meter dash, in 400 meter dash and in 800 meter dash. The other point of my thesis is to determine the identical and vice versa dissimilar elements in the strategy of the sport training for the long sprint within three selected athletes.

Methods: In my thesis I used the method of description and comparison of the extent of the sport conditioning in pursued general and special indicators of the athletic training.

Results: The representation of the training extent in the special training indicators was basically corresponding to athlete's specialization. I found the minimal training extent for development of special power within selected athletes P. J. and J. K. Only athlete P. S. has been attending the necessary conditioning in the full extent

of the individual needs for the appropriate performance in the long sprint.

Key words: Athletics, performance, training, 200 meter dash, 400 meter dash, 800 meter dash.